



Self Assessment Form

Healthcare Solutions Services Ltd

Marsh Way, Rainham. RM13 8EU

Tel No: 020 8596 5067

Fax No: 020 8181 6777

Introduction

This document has been developed in order for you to identify the strengths and weaknesses in your professional expertise and tell us where extra support may be required.

Healthcare Solutions will only place you in assignments which match your knowledge and capabilities and will never put you in a situation where the tasks are unfamiliar.

Whilst registered with Healthcare Solutions you must ensure your HPC Prep is kept up to date, where appropriate.

How to Complete your Self-Assessment

Please complete all sections applicable to your vocation.

For each area of expertise please tick either:

- I am fully competent
- I need further training
- I am not competent and need comprehensive training

The final column called 'candidate comments' is for you to indicate if there are any specific areas within the area of expertise where you feel you need extra support yet this does not constitute you to indicate that you are not fully competent.

Once complete, please bring this document into your interview for discussion.



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Clinical Area of Expertise	Fully competent	Need further training	Not competent	Candidate comments
Emergency Situations: <ul style="list-style-type: none"> • Basic life support • Anaphylaxis • Accident procedures 				
Infection Control: <ul style="list-style-type: none"> • Universal contact precautions • Disposal of sharps • Preventing spread of infection • Knowledge of communicable diseases. 				
Communication/working with others: <ul style="list-style-type: none"> • Good verbal/written • communication skills • Cultural competence 				
Vital signs monitoring and knowledge of factors which can lead to abnormal results.				
Patient safety: <ul style="list-style-type: none"> • Manual Handling 				
Information Technology: <ul style="list-style-type: none"> • Familiar with clinical system 				
Health Promotion Skills: <ul style="list-style-type: none"> • Lifestyle counselling • Patient education • Awareness of resources available to patients 				
Child Surveillance: <ul style="list-style-type: none"> • Child protection and health issues. /Awareness of how to report concerns in practice 				
Wound care/management: <ul style="list-style-type: none"> • Signs of infection • Understanding tissue viability and wound care • Leg ulcer guidelines and management 				
Drug Administration: <ul style="list-style-type: none"> • Policies and procedures, and safety precautions • Routine injections 				



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Immunisations: <ul style="list-style-type: none"> • Knowledge of immunisation schedule • Contraindications to immunisations • Side effects 				
Venepuncture: <ul style="list-style-type: none"> • Locate and access vein • Infection control 				
Men's health <ul style="list-style-type: none"> • Advise on testicular and prostate cancer and screenings • Advise on sexual health and family planning 				
Women's health: <ul style="list-style-type: none"> • Breast exams and cervical smears • Advise on sexual health/family planning/Maternity 				
Diabetes: <ul style="list-style-type: none"> • Glucose monitoring • Disease management 				
Respiratory Care: <ul style="list-style-type: none"> • Assessment • Asthma (inhaler technique) • Emergency care (when airway is compromised) • COPD 				
Cardiovascular: <ul style="list-style-type: none"> • Assessment • ECG's • Management of heart disease 				
Mental health: <ul style="list-style-type: none"> • Assess for depression, dementia, and psychosis. • Substance misuse • Awareness of services available to patients and how to make referrals 				
Basic assessment skills: Please list in the comments section systems you may not be as familiar with (i.e. musculoskeletal, neurological)				

Name:

Signature:

Date: